

DON'T LET CHILD MAKE MEAL OF ONE FOOD

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A wise mother does not allow her child to make a meal of any one article to the exclusion of all others, but insists that along with his eggs he shall eat bread and butter, or along with his bread and butter he shall eat meat or cheese, or that he drink a sufficient quantity of milk.

In other words, she balances his ration by seeing that each of the five food principles makes a fair amount of each meal.

Just what these proportions shall be, how much of the tissue building food, or how much of the heat-producing foods—the fats and oils—or how much of the work-supplying food he shall have, will depend largely upon the individual.

Correct Combinations

Adults should likewise pay close attention to the proportion of the various nutrients in their diet. Too often there is too great a consumption of the nitrogenous foods in comparison with the energy yielding substances, and too little attention is paid to the combined amount of these two principles needed as compared with the bulk of the meal that is necessary to insure satisfaction.

Because of this many persons are habitually over-fed. To avoid this the careful housewife will see to it that each meal contains at least one dish that is largely made up of fibrous or bulky material. There is danger in filling her family with only highly concentrated food.

Some General Rules

How much food must be taken will depend largely upon the age, sex and occupation of each individual, but it is safe to lay down the following general rules:

In warm weather less heat-producing foods should be eaten.

In old age and in children less food is necessary than for adults in the prime of life. For these two extremes a greater amount of nitrogenous food in proportion to the starchy food is necessary—in the one case for tissue-building, in the other for tissue repair.

For adults in the prime of life, when work is light, less food of any kind is needed; when work is increased, the increase in food should be in the starchy material foods, or the oils and fats, rather than in the nitrogenous foods.

It may be safely said nearly everybody eats too much and a greater degree of health would be enjoyed if less food were taken.

Rittman process of transforming petroleum waste into gasoline, benzene and toluene may act as a check on any movement to increase the prices of these products. Gasoline made by this process costs 6 cents a gallon.

WHAT HAS BECOME OF—

